

# Bike Lanes Pave the Way to Safe Physical Activity

*"With the bike lanes in place, it's much safer for bicyclists to share the road with vehicles. In this case, getting what we wanted was just a matter of asking for it."*

*Pastor Glovioell  
Rowland, PhD,  
Pasadena  
Church of God*

## PROBLEM

Lack of bike lanes in a low-income area of Pasadena made it unsafe for families to ride their bikes in their neighborhood.

## SOLUTION

Establish bike lanes in Northwest Pasadena.

## PARTNERS

- African American 5 a Day Campaign at Pasadena Church of God
- City Officials

## STEPS TOWARD CHANGE

A Pastor at Pasadena Church of God noticed that there were bike lanes on many major city streets in Pasadena, but there were no bike lanes in the low-income community of Northwest Pasadena.

The pastor met with the mayor and a local city council member. Both were enthusiastic about giving residents of Northwest Pasadena the same option as other residents to safely bike on the city streets for transportation and physical fitness. After reviewing the city's general plan with the Planning and Transportation Divisions, they found that the low-income area had been designated to receive bike lanes, but the original plan had never been carried out.

Within two years, bike lanes were painted in the Northwest Pasadena neighborhood. Residents of Pasadena now have expanded bike lane routes to travel to school, work, and for family fun.



For more information, visit [www.ca5aday.com](http://www.ca5aday.com) or contact Dr. Glovioell Rowland, African American 5 a Day Campaign, at [pastorglovioell@aol.com](mailto:pastorglovioell@aol.com).

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